

GGA- Year 3 PE Knowledge Organiser – Gymnastics

Vocabulary

| | |
|--------------|-----------|
| Fluency | Control |
| Contrasting | Sustained |
| Unison | Similar |
| Low | Sequence |
| Full-turn | Explosive |
| Half-turn | Power |
| Combinations | Group |
| Support | Similar |
| Different | Bounce |

Skills that I am going to learn.

| | |
|---|---|
| To use basic compositional ideas to improve sequence working in Unison. | To be able to perform using equipment correctly. |
| Consolidate and improve quality of movements and gymnastics actions. | Modify actions independently using different pathways, directions and shapes. |

Why are we learning this?

To learn different gymnastic techniques and movement so we can apply, learn, develop and improve a range of gymnastics actions.

Why is it important?

To become an effective gymnast. To learn and understand our bodies and what they can do to aid our performance and improve our understanding of gymnastics.



GGA- Year 3 PE Knowledge Organiser – Football

Vocabulary

| | |
|-----------|------------|
| Use Space | Dribble |
| Receiving | Control |
| Defend | Pass |
| Attack | Possession |

Skills that I am going to learn.

| | |
|---|---|
| Able to show basic control skills including sending and receiving the ball. | To send the ball with some accuracy to maintain possession and build attacking play. |
| To implement the basic rules of football. | Able to send and receive balls Use a variety of techniques and tactics to play competitively both attacking and defending. |

Why are we learning this?

To develop our basic understanding of the rules and techniques involved in football.

Why is it important?

So we can learn and understand the rules of football. To help us to play more competitively and more effectively in a competition setting. To help all of us develop and improve our technique.



GGA- Year 3 PE Knowledge Organiser – Dance

Vocabulary

| | |
|---------|--------------------|
| Dance | Slow |
| Twist | direction |
| Turn | Huddle |
| Rhythm | group |
| Step | Emotions |
| music | Facial expressions |
| Beat | Improvisation |
| stretch | Levels |
| Fast | Set |

Why are we learning this?

To help us to respond appropriately to music. To aid the use of music to construct rhythm and movement that will lead into performing routines in time with music.

Why is it important?

To support physical development of co-ordination and movement.

Skills that I am going to learn.

To combine movement and music in synchronisation.

Perform using facial expressions.

Perform with a prop.



GGA- Year 3 PE Knowledge Organiser – Netball

Vocabulary

| | |
|---------------------|------------|
| Space | Accurately |
| Pass | Mark |
| Dodge | Defend |
| Attack | Footwork |
| Possession, | Tactics |
| Change of direction | Teamwork |
| Shooting zones. | Intercept |

Why are we learning this?

To be able to perform basic netball techniques such as passing and catching. To help develop overall understanding to begin the competitive and understanding side of the game.

Why is it important?

Netball provides physical exercise and provides varied challenges. Players have to sprint, weave and swiftly change direction on the court, so a netball game is a fantastic cardiovascular workout – a great base to improve overall fitness levels

Skills that I am going to learn.

To be able to perform basic netball skills such as passing and catching using recognized throws.

To use space effectively to build attacking play.

To implement the basic rules of netball.

Able to throw and catch in a variety of different ways.

Able to work with others in small team.

